

Honey Garlic Chicken Stir Fry

Adapted from [Dinner at the Zoo](#)

2 tablespoons of olive oil
 1 head of **broccoli** cut into bite size pieces
 1 cob of **corn**, kernels removed from cob
 2 **peppers** sliced into strips
 5-10 **swiss chard leaves**, stems cut off and leaves cut into ½ inch pieces
 1 **onion**, thinly sliced
 1 lb of boneless chicken breasts, cut into 1 inch chunks
 4 cloves of **garlic** minced
 Salt and pepper to taste
 ¼ cup of water
 3 tbsp **honey**
 ¼ cup low sodium soy sauce
 2 teaspoons of cornstarch

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1. Heat 1 tablespoon of oil in a large pan over medium heat. Add the broccoli, onion, corn kernels, and peppers. Cook until vegetables are tender (approx. 5 mins).
2. Remove the vegetables from the pan and add the remaining tablespoon of oil on high heat.
3. Season the chicken pieces with salt and pepper and add them to the pan in a single layer (you may need to do this in batches). Cook for 3-4 minutes on each side until golden brown and cooked through.
4. Add the garlic to the pan and cook for 30 seconds.
5. Add the vegetables back to the pan and cook for 2 more minutes or until the vegetables are warmed through. Add the swiss chard.
6. In a bowl whisk together the chicken broth, honey and soy sauce. In a small bowl mix the cornstarch with a tablespoon of cold water.
7. Pour the soy sauce mixture over the chicken and vegetables; cook for 30 seconds.
8. Add the cornstarch and bring to a boil; cook for 1 more minute or until sauce has just started to thicken.
9. Serve over rice and enjoy!

Who would have thought that Ontario had rice growing right in its back yard! The wild rice provided comes from Northwestern Ontario. This particular rice grows underwater, beneath the beautiful lakes and rivers in Northwestern Ontario.

Rice is a wonderfully nutritious grain, that is used across cultures everywhere. Although Ontario may not seem like a rice hot-spot for growth, there are trials being done for cold-tolerant rice paddies and fields. Before we know it, Ontario will be producing even more varieties of rice to offer.



#localfoodclub

A summer Local Food Club? You bet! Although there is so much uncertainty and change in our current world, one thing remains the same: local food is awesome. We decided to take this opportunity to launch a Summer Local Food Club. This has given us the ability to have large variety of local vegetables that we often cannot see in the other months. We're also happy that we are able to extend our Local Food Club to community members outside of the school for this round.

This LFC we decided to try and incorporate as many summer vegetables as possible, as they have a wonderful synergy to them. What is a tasty and nutritious way to do that? Make a stir fry! Peppers give off beautiful smells, colours and tastes; we knew we needed some of **Albion Hills Community Farm's!** Broccoli is often a vegetable go-to for many families, but can be hard for the average garden to grow. Thank you to **Lennox Farms** for providing us with some Ontario broccoli. What is a stir fry (or any meal) without some onions from **Am Braigh Farm**. To add the extra flavour and greens, **Fiddle Foot Farms** provided both garlic and Swiss chard. **Besley Country Market** graciously donated corn to ensure a yellow, delicious crunch! Even the rookie chef will be able to make a wonderful honey garlic sauce with the liquid gold from **Ontario Honey Creations**. Finally, serve your stir fry up over a bed of rice, which was grown underwater, hand-picked, and delivered by **Wildly Canadian**.

We love feedback; it helps us learn, grow and plan for YOU! Together, we are a community of foodies working to support the local food system! You can find HFFA on Twitter and Facebook, so send us (and each other) pictures of your LFC meal... any way you want to follow, share, like or hashtag we look forward to it. Keep on letting us know how we are doing and don't hesitate to share your ideas for future LFC.

Stir fry recipes can seem daunting with all the different foods to chop and prepare. However, it only takes a small amount of time, especially with an extra set of hands. Having a couple cutting boards set up makes it a great way to enjoy each other's company, and teach each other your own preparation techniques. If you have kids or grandkids in the house, show them proper cut techniques like on the [Super Healthy Kids](#) website. Kids can often do quite well washing, seeding, and chopping/slicing things like peppers, garlic, and greens!

Food for Thought

With all the summer vegetables available, many find it hard to control their food waste. Get creative by using all parts of your leftover veggies. Maybe you add it to your scrambled eggs, or your next soup. A great way to use even veggies soon on their way out is to boil them all together, making your own veggie broth. Freezing it will give you fresh tastes all

A+

Nutrition Report

A good way to know you have a variety of vitamins and minerals is looking at the rainbow on your plate. Having a variety of colours of fruits and vegetables is a great habit, and hey it looks awesome too!

This recipe balances meat protein, carbohydrates from your rice, and vegetables, making it a well-rounded meal.

this month's food is from...

Albion Hill's Community Farm
albionhillscommunityfarm.org

Fiddle Foot Farm
fiddlefootfarm.com

Lennox Farm
lennoxfarm.ca

Wildly Canadian
wildlycanadian.ca

Ontario Honey Creations
myhoneycreations.com

Am Braigh Farm
www.ambraighfarm.com

